



July is Fruits and Veggies Month



Photo submitted by CDR Kelly Williams, U.S. Naval Hospital Rota, Spain of their base community garden

At the Navy and Marine Corps Public Health Center (NMCPHC), we know that eating a variety of fruits and vegetables helps Sailors, Marines, and their families get the essential vitamins, minerals, and other nutrients that only these foods can provide. In addition to supporting weight loss or maintaining a healthy weight, consuming the recommended number of servings of fruits and vegetables daily also helps decrease the risk of disease, such as stroke, cardiovascular disease, type-2 diabetes, and certain types of cancer.

However, accessibility and price influence the consumption of fresh fruits and vegetables. The inability to access and/or afford fresh fruits and vegetables may be barriers to achieving a healthy weight and consuming a nutritionally adequate diet. Luckily, military communities and commands are implementing environmental strategies such as farmers markets and community gardens to help increase the accessibility and affordability of fruits and vegetables for the families of active duty and retired service members. Competitive pricing and

2013 Blue H Award Winners Announced!

This June, 281 Navy and Marine Corps organizations received the 2013 Blue H - Navy Surgeon General's Health Promotion and Wellness Award, setting a participation record for the 7th consecutive year.

The Blue H encourages and rewards excellence in primary prevention policies and activities throughout the Department of the Navy, which are critical to maintaining a fit and ready force. These programs also promote healthy lifestyles for Sailors and Marines to enhance individual quality of life and reduce long-term health care costs. Health topics assessed by Blue H criteria include responsible drinking, injury prevention, nutrition, physical activity, psychological health, sexual health, tobacco prevention and cessation, and weight management.

The Blue H Award is managed by NMCPHC and is organized into three distinct criteria sets: Fleet, Medical, and Semper Fit.

View the complete list of 2013 Blue H Award winners and the criteria for the 2014 Blue H Award [here](#).

In July, NMCPHC is sponsoring webinars to help organizations with their 2014 Blue H Award submission. Learn more about these webinars [here](#).





convenient base locations could potentially provide environmental changes that result in positive health benefits.

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of July. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Article: Food First, Supplement Second

It seems like myths about dietary supplements are everywhere. According to television and radio advertisements, all you have to do to achieve your physical and psychological health goals is walk into your local supplement store and pull out your credit card. Whether you want to build muscle, lose weight, increase your energy level, increase your libido, boost your mood, or prevent disease, there's a pill, drink, extract, gel cap, or powder to help with whatever you are seeking to improve or prevent. With the exponential growth in new products, it is difficult to navigate the dietary supplement market from a health, wellness, and safety standpoint. [Click here](#) to continue reading.

Article: Fruits and Vegetables are Budget Friendly

Accessible and affordable fresh fruits and vegetables are important to consuming a nutritionally adequate diet and achieving a healthy weight. Consuming a diet high in fruits and vegetables is associated with a decreased risk for chronic conditions such as diabetes, hypertension, heart disease, and cancer. The low consumption of fruits and vegetables is believed to be a contributing factor to half of Americans living with one or more chronic conditions. Locating fresh fruits and vegetables that are affordable and appetizing may require visits to a variety of grocery shopping venues. [Click here](#) to learn more about budget friendly fruits and vegetable options.

Blog Post: Farmers Markets and Community Gardens

Summer is here, and with it comes the bounty of the season: fresh, flavorful, locally-grown fruits and vegetables. July is NMCPHC HPW's [Fruits and Vegetables month](#), and as such, we're highlighting ways to get

Additional HPW Resources

Check out our additional resources! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Campaign Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help keep your service members fit for service and improve overall health, please visit our [June Health Promotion Toolbox](#).





the best produce on your plate. Two of these ways are recent revivals of centuries-old practices that are making the fresh produce of the season more accessible to those of us who don't have a farm in our backyard. And what is even better, the Healthy Base Initiative (HBI) is supporting these practices making it easier for us to get them started. We're talking about community gardens and farmers markets. [Click here](#) to access the blog post.

Annual Report: NMCPHC Wounded, Ill, and Injured (WII) Program

The [Navy and Marine Corps Public Health Center](#) (NMCPHC) announced the release of its [2013 Annual Report](#) on the NMCPHC Wounded, Ill, and Injured (WII) Program. The report outlines how Force Health Protection serves as the foundation of the program and demonstrates how the WII projects collectively improve the health of WII service members throughout the Navy and Marine Corps. The report highlights several HPW Department accomplishments. For more information on the health promotion and wellness initiatives in the WII Program, [click here](#) to read the full report.

Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#)!

Facebook and Twitter Messages for you to post:

Social media messages 1:



281 Navy and Marine Corps organizations were awarded the 2013 Blue H - Navy Surgeon General's Health Promotion and Wellness Award. Check out the winners at: [#PublicHealth #ProtectionThroughPrevention](http://go.usa.gov/9e7F)

Social media messages 2:



Check out the winners of the 2013 Blue H - Navy Surgeon General's Health Promotion and Wellness Award at: [#PublicHealth #ProtectionThroughPrevention](http://go.usa.gov/9e7F)

Social media messages 3:



Did you know that your command can earn an award for promoting healthy lifestyles? Learn more about criteria for the 2014 Blue H Award at: [#PublicHealth #ProtectionThroughPrevention](http://go.usa.gov/9e7F)

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HEALTH PROMOTION AND WELLNESS PARTNER OUTREACH

July 2014

Social media messages 4:



#DYK: Your command can earn the Blue H Award for promoting healthy lifestyles? Learn more: <http://go.usa.gov/9e7F>
#PublicHealth #ProtectionThroughPrevention

Social media messages 5:



Many people don't think of insecticides, data analysis, and public health surveillance when they think of supporting the recovery of wounded, ill and injured (WII) #Sailors and #Marines. Check out our WII FY2013 Annual Report to find out how these #PublicHealth projects do just that! #Warriors
#ProtectionThroughPrevention. <http://bit.ly/1hhk8my>

Social media messages 6:



Did you know that the Navy Entomology Center of Excellence was recommended to be a World Health Organization Collaborating Centre? Learn more about what this means for NECE at:
<http://bit.ly/1hhk8my> #Warrior #PublicHealth

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like for us to share your messages on our [Facebook page](#).

Upcoming Training

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education, and programmatic practice programs and interventions at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

Webinar Calendar

We host monthly healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW Department to motivate healthy behaviors.

Date	Webinar Title	Time
17 July 2014	m-NEAT Share Fair	1200-1300 ET
18 July 2014	Blue H Webinar for Aircraft Carrier and Surface Ships	1200-1300 ET
29 July 2014	Blue H Webinar for Leaders	1200-1300 ET

For many of our webinars we offer continuing education units (CEU) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars click [here](#) for registration details.

